



Coffee?

When choosing a hotel there are so many angles to consider. But one that brings a smile to guests' face is a nice, complimentary hotel breakfast: the so-called continental breakfast! Quick to grab, it ensures that guests don't start their day on an empty stomach 😊!

History^{1,2,3,4,5}

Up until the 18th century, people only ate two meals a day: one early in the morning and the other around 5 p.m. Breakfast as a meal appeared in the 19th century but we must wait until

¹ <https://www.auparadisduthel.com/blog/petit-dejeuner-continental/>

² <https://www.lefigaro.fr/voyages/au-fait-c-est-quoi-un-petit-dejeuner-continental-et-qu-a-t-il-de-different-de-l-english-breakfast-20230626>

³ <https://mamscook.com/2019/10/07/petit-dejeuner-continental-petit-dejeuner-anglo-saxon-et-brunch-comment-sy-retrouver/>

⁴ <https://www.rd.com/article/hotel-continental-breakfast-meaning/>

⁵ <https://www.godsavethepoints.com/hotel-breakfast-explained-continental-english-american/>

the 20th century before kids regularly had breakfast. Before then, most working-class children did not enjoy this meal.

The continental breakfast is a variant of lighter European styles, developed in English-speaking countries by the hotel industry. It is a light breakfast often served early in the morning and usually includes bread, pastries, fruit juices, yogurts, tea and coffee, sometimes eggs, ham, and cheese. The word 'continental' refers to the European continent and to the type of food that French people like to have in the morning.

Before the 1800s, most jobs in the USA were in agriculture and required a hearty breakfast to start the day (the famous 'American breakfast' including eggs, bacon, sausages, and waffles). In the early 1900s, with the industrial revolution, work became more sedentary, and the middle class started having a lighter meal in the morning. At the same time, an increasing number of Europeans started visiting America and staying at hotels, which began offering a light breakfast more in line with what these guests expected.

Funnily, when hotels first began serving light breakfasts in the late 19th and early 20th centuries, American diners were outraged. Where were their greasy, juicy sausages 😊?

What percentage of hotels offer free breakfast?⁶

About 35% of all U.S. hotels offer complimentary breakfast. Slightly fewer (31%) charge for breakfast. The rest offer no on-site breakfast options.

Why offer free breakfast? To entice travellers to book stays. A satisfying breakfast is a good way to encourage travellers to repeatedly book their stay at an hotel.

Should you tip at a buffet?

Buffet tipping isn't as strictly connected to billing percentages as in restaurants. However, buffet staff still works hard to ensure proper service, so if you enjoy free continental breakfast at your hotel, you may want to leave a tip 😊.

Actually, the last time I spoke to 'Maria, who serves the continental breakfast in a hotel, she told me how pleased she was having an electronic tipping solution like **Tip&Go** at the hotel. She used to get \$5 every second week for her services. In her first week with **Tip&Go** she got \$100

⁶ <https://lovethemaldives.com/travel-pedia/how-much-do-you-tip-for-complimentary-breakfast>

in e-tips and \$50 in cash tips!!! Why additional tips in cash? Because guests saw 'the face behind their comfort', encouraging them to reward her for her hard work.

Francis Léonard CEO



www-tip-go.com